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EXTENSION SERVICE FILE

Extension Circular 250

September, 1926

Winter Vegetable Cookery

MARY A. DOLVE
Specialist in Food and Nutrition

EAT and SERVE more vegetables. EAT and SERVE them every day because they are rich in mineral matter, which the body must have to build and repair bones, teeth and other tissues and to keep it in good running order. They also contain vitamins necessary for health and normal growth and development of the body. Because of their bulk, vegetables also help to prevent constipation.

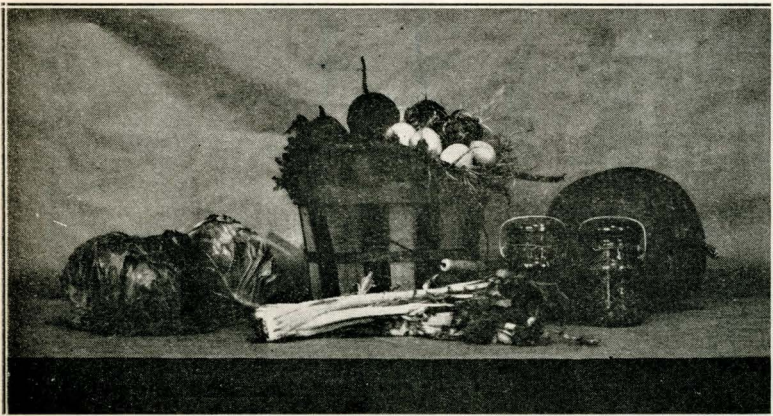
A variety of vegetables is available to the South Dakota homemakers during the winter if they will but look ahead for them. The garden should be planned with the idea of storing and canning vegetables for winter use. The farm homemaker can well keep in mind that when she is canning, she is saving for herself the wages of those who can, transport and sell the products she would otherwise buy.

Vegetables Valuable in Diet

Tomatoes and leafy vegetables are especially valuable in the South Dakota diet as fresh fruits are rather expensive. Canned tomatoes compare very favorably with such fruits as oranges and grapefruit. Cabbage and celery can be raised and stored successfully in most parts of South Dakota. Other greens can be canned in season.

The all-round diet should contain:

Vegetables and Fruits—Two servings of vegetables every day besides potatoes; one of vegetables and leafy vegetables at least twice a week; two servings of fruit every day. If possible, at least one of the servings of fruit or vegetables should be in the form of canned tomato, or it should be raw.



A FEW OF SOUTH DAKOTA'S WINTER VEGETABLES

Milk—One quart for children every day; one pint for adults every day.

Cereals—At least one-third of the cereals used should be whole.

Cheese, Eggs, Meat, Dried Beans or Peas—One serving of any two of the above.

Water—About six glasses a day.

A complete dietary requires moderate amounts of fats such as butter, cream and other animal and vegetable fats and oils; and sweets, including honey, molasses and syrups. The amount of these—foods as well as cereals—in the diet should be determined by the individual's digestive powers and need for energy foods.

SUGGESTED FRUIT AND VEGETABLE BUDGET FOR ONE PERSON
September 1 to June 1.

(Multiply these quantities by the number in the family and you have your own family budget.)

NAME OF FOOD	Quantity per week	Division in Serving per week	Quantity for Sept. 1-June 1	Fill in your family budget
Tomatoes-----	1 lb.	4	29 lbs. or 20 qts.	
Spinach-----	½ lb.	2	20 lbs. or 10 qts.	
Chard-----				
Beet Greens-----				
Other Greens-----				
Cabbage-----	1 ¼ lb.	4	45 lbs.	
Celery-----				
Lettuce-----				
Onions-----				
Cauliflower-----	1 lb.	3	19 lbs. or 10 qts.	
Asparagus-----				
String Beans-----				
Peas-----	½ lb.			
Squash-----				
Corn-----				
Beets-----	½ lb.	5	45 lbs.	
Carrots-----				
Kohlrabi-----				
Rutabages-----				
Parsnips-----				
Salsify-----				
Turnips-----				
Oranges-----	1 lb.	3	39 lbs.	
Grape Fruit-----				
Apples-----				
Bananas-----				
Peaches-----	1 lb.	4	29 lbs. or 20 qts.	
Cherries-----				
Plums-----				
Strawberries-----				
Raspberries-----				
Other canned Fruit-----				
Prunes-----	⅓ lb.	2	5 lbs.	
Raisins-----				
Dates, etc-----				

One pint of canned fruit or vegetable weighs about one pound.

Vegetable Cookery

To get the full value from vegetables, avoid the all too common method of cooking them in a large quantity of water and then pouring this water into the sink. This means considerable loss of minerals and vitamins. If the vegetables are boiled, use only as much water as is actually needed and save that which is not served with the vegetables for soups, sauces and gravies. The same holds true of the liquid in canned vegetables. Some vegetables can be cooked to good advantage in the oven; some can be baked in the skins with no water added; others can be baked in milk which forms a sauce.

WINTER VEGETABLE SALAD RECIPES

Cabbage Salad Combinations

1. Shredded cabbage, grated pineapple and sour-cream dressing.
2. Shredded cabbage, chopped peanuts and boiled dressing.
3. Shredded cabbage, diced celery, diced apple, chopped nuts and whipped cream flavored with sugar and vanilla.
4. Shredded cabbage with Thousand Island dressing.
5. Shredded cabbage, chopped cucumber pickles, diced celery, diced hard-cooked egg and dressing.
6. Shredded cabbage, dates and nuts with sour cream dressing.
7. Shredded cabbage, grated raw carrots, onion chopped fine, boiled dressing.
8. Chopped cabbage, diced pineapple, diced apples. Serve with boiled dressing, garnished with whipped cream and blanched almonds.
9. Cabbage, beets and horse radish with sweetened vinegar. This is a good combination with a meal of baked beans.
10. Shredded cabbage in combination with other vegetables in a gelatin salad.
11. Equal parts of finely shredded cabbage and diced bananas with cream dressing.

Cabbage-and-Beet Salad

(Main-Dish Salad)

3 large beets	¼ c. chopped cabbage
1 hard-boiled egg	¼ c. chopped ham
Mayonnaise Dressing	

Marinate cabbage and ham with lemon juice or vinegar and salt and pepper, by letting them stand while you hollow out the center of the beets. Mix the chopped cabbage, meat and hard-boiled egg with mayonnaise. Fill the center of each beet with this mixture; top with spoonful of mayonnaise and a stuffed olive or a strip of pimento.

Cabbage-and-Cheese Salad

3 c. shredded cabbage	½ c. cream cheese grated
½ c. stuffed olives	Mayonnaise Dressing

Form the cheese into balls, mix with chopped olives and enough mayonnaise to moisten. Arrange on beds of shredded cabbage which has been mixed with mayonnaise.

Combination Salad

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| 1 c. cold-boiled cubed potatoes | 1 c. cold canned peas |
| 1 c. cold-boiled cubed carrots | $\frac{1}{4}$ c. vinegar diluted with 2 T. water |

Mix the potatoes, carrots and peas and carefully blend with the diluted vinegar. Let stand one hour. Arrange on lettuce leaves and serve with French dressing.

Adirondack Salad

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| 1 can peas (drained) | 3 T. finely minced sweet pickle |
| 3 T. finely minced cheese | 1 T. finely minced onion (if desired) |

Mix all ingredients together. If possible, let stand one hour or two.

Lima-Bean Salad

Mix one pint cooked lima beans, 1 small onion minced and 1 pimento cut in small pieces. Stir in cream dressing and serve.

Jellied-Tomato Salad

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| $\frac{1}{2}$ box gelatin | 2 qt. cans tomatoes |
| Celery | Stuffed olives |
| Peas | Mayonnaise dressing |

Soak gelatin in one cup cold water for ten minutes. Run two quart cans of tomatoes through a fine sieve or strainer, using all but the seeds. Heat the tomato liquid, adding gelatin, and season with salt, pepper and sugar. Place a layer of this in a mold, allowing it to congeal partly; add a layer of chopped celery, another of jelly, next a layer of peas, one more of jelly, another of stuffed olives and lastly the remaining jelly. Set on ice to harden. Serve with mayonnaise dressing or lettuce leaves, and garnish with concentric rings of yolks and whites of eggs chopped fine.

Carrot-and-Apple Salad

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| 1 cupful prepared apple | 1 cupful prepared carrot |
| $\frac{1}{2}$ cupful mayonnaise | Cabbage leaves |

Cut the apple into very thin slices, arrange on cabbage, spread with mayonnaise, and sprinkle ground carrot on top. Place more dressing in center.

OTHER SALAD COMBINATIONS

1. Diced boiled carrots, peas and diced celery on cabbage leaves or shredded cabbage.
2. Peas, string beans and peanuts on cabbage leaves or shredded cabbage.
3. Diced beats, diced celery and peas.
4. Peas, celery and creamy cheese.
5. Chopped corn beef, diced celery or shredded cabbage, peas and chopped pickle.

OTHER VEGETABLE DISHES**Cabbage a la Flower**

Cut the stem from medium-sized head of cabbage. Cut the cabbage in eight equal parts down to the core or stalk, but do not cut through. Tie the head of cabbage in a piece of cheese cloth to keep it in shape. Cook the cabbage, uncovered, in a large quan-

tity of rapidly-boiling salted water. The time depends on the age and size of the head—usually from 25 to 30 minutes. Remove from water and take off string and cloth. Place on a white platter and open it. Turn back the leaves like the petals of a flower. Pour either white sauce or Hollandaise sauce over the cabbage and sprinkle a few tablespoons of grated American cheese over the mixture. Shake some paprika and place in the oven a few minutes, or until the cheese dissolves, then serve.

Baked Cabbage and Tomatoes

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| 3 c. boiled cabbage | 1 c. ground cheese |
| 1½ c. well seasoned stewed tomatoes | 2 T. butter |
| 1 c. bread crumbs | Salt and pepper to taste |

Butter a baking dish, put in a layer of tomato and then one of cabbage. Sprinkle with cheese and then with bread crumbs. Continue this way until all has been used, making the last layer bread crumbs. Dot top with bits of butter and bake in a slow oven for about 30 minutes.

Spinach Souffle

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| 2 c. cooked spinach | ½ t. salt |
| 1 c. milk | 2 egg yolks |
| 2 egg whites | 1-8 t. paprika |

Add milk and seasoning to spinach. Add beaten egg yokes and fold in beaten whites. Bake in moderate oven until firm. Most any vegetable may be used instead of spinach.

Browned Onions

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| 12 small onions | 1 cup brown stock |
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Boil onions for 15 minutes. Drain dry and place in buttered pan. Pour brown stock over them, sprinkle with sugar, salt and pepper and bake for about ½ hour, basting often with stock in pan.

Escalloped Onions and Apples

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| 3 large apples | 1 c. bread crumbs |
| 2 onions | 1 T. vinegar or lemon juice |
| 1 T. sugar | Water in which onions were cooked |
| 1 t. salt | |
| 2 T. fat | |

Slice onion into thin slices. Slice apples into thin slices. Arrange onions and apples into alternate layers. Sprinkle each with salt, sugar and bread crumbs. Melt fat and add lemon juice. Pour this over each layer with enough onion water to moisten. Cover with toasted crumbs and bake until apples and onions are soft.

Stuffed Onions

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| 6 medium to large onions | Fine dry bread crumbs |
| ½ c. chopped ham or chopped green peppers or any cooked meat | ½ c. milk |
| | Pepper |
| | ½ t. salt |
| | ½ c. soft bread crumbs |
| | 1 T. fat |

Remove a slice from the top of each onion and parboil the onions until almost tender. Drain and remove the centers, making six little cups. Chop the onion that was scooped out and combine it with the ham and the soft crumbs. Add the seasoning and refill the onion cups with the ham mixture. Place the onions in a casserole, cover them with crumbs, add the milk, bake until tender.

Baked Beets

Wash the beets, but be careful not to break the skin or remove the roots. Bake at 350 degrees Fahrenheit for four or five hours, as they will require all this time to become tender. As the oven may be used at the same time for cooking prunes, making rice pudding or perhaps baking the Thanksgiving fruit cake, baked beets are not really extravagant on fuel. When tender, peel and slice the beets and serve hot with butter, pepper and salt.

Savory Beets

Cook four fine medium-sized beets until tender, allowing plenty of time. Slip off the skins and chop in small bits; place in a hot serving dish and pour over them the following sauce: Cook together for five minutes two tablespoonfuls of melted butter, one teaspoonful of sugar, one-half teaspoonful of salt, one tablespoonful of vinegar or lemon juice, one tablespoonful of grated onion, and just a grate of nutmeg.

Beets with Dressing

Clean and cook the beets; then peel, cut into slices, place in a saucepan and nearly cover with thin cream, allowing them to cook in the cream for a few minutes. Season with salt and pepper and serve.

Parsnips

(Best early in spring after staying in ground all winter)

1. Boiled, cut lengthwise and buttered.
2. Boiled, diced and creamed.
3. Boiled, sliced lengthwise, and fried with butter, bacon, pork chops or savory fryings.

Parsnip Souffle

Scrub four medium-sized parsnips well and boil them until tender in salted water. Remove the skins and force through a potato ricer. Add one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one teaspoonful of butter, one cupful of well-seasoned, medium white sauce and the beaten yolks of two eggs. When the mixture has cooled, fold in the whites of the eggs which have been beaten until stiff. Turn into a buttered baking dish and bake in



These will do you more good than iron tonic.

oven at 375 degrees Fahrenheit for twenty to thirty minutes, depending upon the depth of the dish. Serve immediately.

Escalloped Turnips

Boil turnips until tender. Drain, chop coarse and place in buttered baking dish. Make white sauce and pour over turnips, using from 1-3 to $\frac{1}{2}$ as much sauce as turnip. Sprinkle with grated cheese and buttered crumbs, and brown in oven.

Stuffed Turnips

6 turnips	1 T. flour
1 small onion chopped fine	1 t. chopped parsley
$\frac{3}{4}$ c. cold meat of any variety, chopped fine	1 t. catsup
$1\frac{1}{2}$ c. stock, milk or water	Fine bread crumbs

Pare turnips, then cut a slice from top of each and scoop out the center. Sprinkle 1-8 teaspoonful salt and dash of pepper in each turnip and let stand while preparing the following: Brown onion in butter, then add the meat and sprinkle the flour over the combination. Stir the meat and onions while cooking and, as soon as flour is light brown, add the stock or milk or catsup. Season and simmer till thick. Fill turnip cups with mixture and sprinkle the surface of each with bread crumbs. Add boiling stock or water to within $\frac{1}{2}$ inch of the top of the turnip; cover and bake at 400 degrees Fahrenheit for one hour or until the turnips are tender and slightly brown. Serve on a hot dish and garnish with sprigs of parsley.

Turnips with Cheese

3 medium-sized white or yellow turnips	$1\frac{1}{2}$ c. milk
2 T. butter	1 t. salt
2 T. flour	1-8 t. pepper
	$\frac{1}{2}$ c. grated cheese

Peel the turnips, cut in slices, and boil them for about fifteen minutes in salted water. Make a white sauce with the fat, flour, milk, salt and pepper. Pour this over the turnip in a covered casserole, then sprinkle the grated cheese over them. Bake for thirty minutes and serve hot.

Extension Service

South Dakota State College of Agriculture and Mechanic Arts
Brookings, S. D.

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Asparagus Loaf

Mix two cupfuls of canned asparagus tips lightly with half a cupful of dried bread crumbs; add three tablespoonfuls of melted butter, one cupful of hot milk, a quarter teaspoonful of paprika, one raw egg slightly beaten and one hard-boiled egg coarsely chopped. Combine and add half a teaspoonful of salt and a shake of pepper. Turn into a buttered casserole and bake one hour in slow oven—325 degrees Fahrenheit.

String Beans with Golden Sauce

Melt two tablespoonfuls of butter in a sauce-pan and add a pint of small canned string beans drained from their liquor. Toss about until heated. To one cupful of well-seasoned medium thick white sauce in a double boiler, add a quarter cupful of finely minced cooked carrots. Add the beans and serve very hot.

Carrots Delmonico

Scrape and dice six carrots. Place them in a casserole, cover them with boiling water, in which are 1 tablespoon of sugar and 1 tablespoon of butter, and bake covered for half an hour, or until tender. Drain and add the following sauce: Melt 3 tablespoonfuls of butter and add 3 tablespoonfuls of flour. When this is smooth, stir into it, using a little at a time, 1 cup of the stock in which the carrots were cooked and $\frac{1}{2}$ cup of cream or milk containing the beaten yolks of two eggs. When smooth, add $\frac{1}{2}$ a tablespoon of lemon-juice and season the mixture with salt and pepper.

Carrots Au Gratin

To each cup of medium thick white sauce, add $\frac{1}{2}$ cup shaved, grated or crumbled cheese and stir until cheese is melted. To $1\frac{1}{2}$ cups of cooked diced carrots, add cheese sauce. Cover with buttered crumbs and brown in oven.

Carrots and Baked Potatoes

Select medium-sized and smooth potatoes. Wash and dry. Brush with fat and put in hot oven to bake. When done, cut lengthwise and scoop out centers. Put through a potato ricer with equal portions of cooked diced carrots. Add cream, butter and seasoning and whip as for potato mash. Fill in potato shells and serve at once.

Carrot Pudding

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| $1\frac{1}{2}$ c. brown sugar | 1 c. ground or chopped suet |
| $\frac{3}{4}$ c. flour | 1 c. ground or grated carrot |
| 4 t. baking powder | 1 c. chopped figs |
| 1 t. cinnamon | 1 c. milk |
| $\frac{1}{2}$ t. each allspice and nutmeg | 2 eggs |
| 1 c. seeded raisins | $\frac{1}{2}$ lemon—grated rind and juice |

Sift and mix the dry ingredients, add the suet and fruit and mix until fruit is well floured. Add milk, beaten eggs and carrot. Mix thoroughly and steam in greased pans or molds for three hours. Serve with apricot sauce.

Harvard Sauce

This sauce is especially good with carrots and beets but may be used with any vegetables.

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| $\frac{1}{2}$ c. sugar | $\frac{1}{2}$ c. vinegar |
| $\frac{1}{2}$ T. corn starch | 2 T. butter |

Mix sugar and corn starch. Add vinegar and let boil well. Pour over carrots or beets and reheat thoroughly. Add butter just before serving.